

Good Physical Health - The First Foundation of Precious Human Life

Volume - 11 (Lesson - 1)

(The contents of this booklet have been taken out from the newly prepared Text Book titled "Life Building Science" on a newly conceived and designed subject of "Value Education for Life Building and Successful Living" for study by our modern students)

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This booklet is meant for free distribution amongst our dear modern students, with a fervent prayer to them to kindly study the booklet earnestly and meticulously, put the knowledge gained from the teachings contained in the book into practice in their day-to-day lives sincerely and diligently, and thereby, derive immense benefits for themselves throughout their lives. This is in their own interest and for their highest welfare and supreme good.

They are also requested to kindly bring this booklet to the knowledge of maximum number of their classmates and friends so that they also can derive similar benefits for themselves.

Views of Students; Teachers and Professors; School, College and University Authorities; Educationists and Academicians; Parents and Guardians and all other Readers, on this booklet are humbly and earnestly invited in the following address:-

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PRAYERS

धीयो यो नः प्रचोदयात्

May That Supreme Being impel our intellect
towards the right path.

असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ॥

Lead us from unreal unto Real,
Lead us from darkness unto Light,
Lead us from death unto Immortality.

आ नो भद्राः क्रतवो यन्तु विश्वतः

Let noble thoughts come to us from all sides.

सा विद्या या विमुक्तये

Knowledge is that which liberates.

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।

Arise ! Awake ! Having reached the
great (teacher), learn (realise that Atman).

अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशलाकया ।
चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥

I prostrate to that Sadguru, Who opens, with the
Collyrium-stick of Knowledge, the eyes of him who
is rendered blind by the darkness of ignorance.

ॐ सह नाववतु । सह नौ भुनक्तु ।
सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै ॥
ॐ शान्तिः शान्तिः शान्तिः ।

May He (The Supreme Being) protect us both (the teacher
and the taught). May He cause us both to enjoy the bliss of
Mukti (liberation). May we both exert to find out the true
meaning of the scriptures. May our studies be fruitful.

May we never quarrel with each other.

वसुधैव कुटुम्बकम्

The whole universe is one family.

ॐ सर्वेषां स्वस्ति भवतु । सर्वेषां शान्तिर्भवतु ।

सर्वेषां पुर्णं भवतु । सर्वेषां मङ्गलं भवतु ॥

May asupiciousness be unto all,

May peace be unto all,

May fullness be unto all,

May prosperity be unto all.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभागभवेत् ॥

May all be happy,

May all be free from disabilities,

May all behold what is auspiciousness,

May none suffer from sorrows.

लोका समस्ता सुखिनो भवन्तु ।

May Happiness be unto all Beings.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पुर्णमेवावशिष्यते ॥

Om ! That (Brahman) is full. This (Universe) is Full.

From That (Brahman) Full, this (Universe) Full has come.

When this (Universe) full is taken from That (Brahman) full,

It (Brahman) always remains Full.

Peace be to the East ! Peace be to the West !

Peace be to the North ! Peace be to the South !

Peace be above ! Peace be below !

Peace be to all creatures of this universe !!

ॐ शान्तिः शान्तिः शान्तिः ।

Om ! Peace, Peace, Peace.

Life Building Science

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Lessons Nos. 01 to 24

(Now we will commence our discussions on various lessons on the subject of "Life Building and Successful Living". These write-ups are introductory in nature and cover the simple meaning, necessity, importance, manner, benefits, source of detailed knowledge of each topic or lesson.

Lessons Nos. 1 to 4 relate to building of precious human life by laying a proper and strong foundation of human life with good physical health, powerful mind, noble character and ethical conduct. Lesson No. 5 relates to celibacy — the basis of successful human life.)

Lesson No. - 1 Good Physical Health — First Foundation of Human Life

The first lesson is "**Good Physical Health**", which is the First Foundation of Human Life.

Meaning: - Good physical health means the condition of the human body in which all systems and all functions of the physical body are performed normally and easily; all parts and all organs of the physical body are sound; and those perform their functions without pain or suffering and those work in harmony; and thereby, human beings perform their physical activities and duties smoothly and efficiently, with comfort and ease; and they enjoy happiness and peace in life.

Necessity: - Good physical health is the first foundation which is necessary for building of human life.

With good physical health, the foundation of human life can be proper as well as strong, and also upon such foundation, the superstructure of human life can be constructed completely, properly, strongly and nicely. Consequently, the future human life can be lived successfully i.e. economically and materially

prosperously as well as spiritually happily and peacefully.

But without good physical health i.e. with poor and sick physical health, the foundation of human life will be improper as well as weak; and also upon such an improper and weak foundation, the superstructure of human life can not be constructed completely, properly, strongly, nicely and successfully, and if constructed, it will become weak, may not last long and may fall down. Consequently, the future human life will be filled with failures, poverty, sorrows, sufferings, pains, miseries, unhappiness and peacelessness, both in the secular life and professional life as well as in the spiritual life. Hence, the necessity of good physical health.

Importance: - Good physical health is very important foundation of human life.

Our ancient Spiritual Scriptures say that human body is like a boat. A boat is an instrument with the help of which human beings can navigate and cross the ocean and reach the other shore of the ocean i.e. their destination. If the boat will be strong and in good working conditions, human beings can reach their destination easily, smoothly, timely and safely. But if the boat will be weak or defective, they may not reach their destination easily, smoothly, timely and safely or even, they may not reach their destination at all. Such is the importance of the boat.

Similarly, with the help of the physical body, human beings can perform their physical activities and duties. If the physical body or the physical health of the human beings is good, i.e. if the physical health of the human beings is sound, strong, active, energetic and healthy, they can perform their physical activities and duties easily, smoothly and efficiently, put in hard labour and can achieve success in their professional and secular life. That means, they can earn more money, acquire enormous material wealth, eat many kinds of good, nutritious and delicious food, fulfill numerous vital worldly desires, enjoy abundant worldly

happiness and pleasures of the physical body, mind and senses, and live a comfortable, even, luxurious life. They can also perform their spiritual practices or *aadhyatmik sadhana* smoothly, efficiently, effectively. Thereby, they can achieve success in their spiritual life and cross the ocean of *sansara* or the worldly existence and reach the other shore of human life easily, smoothly, quickly and safely. In other words, they can achieve *Moksha* or Liberation of the individual Soul from the cycle of births and deaths or God-realisation easily, which is the final and supreme destination of human life upon this earth plane, as stated in our ancient Spiritual Scriptures, and as said by our *Rishis, Munis, Saints and Sages*, and according to our great, glorious, lofty, unique and ideal Indian Culture or *Bharatiya Sanskruti*.

But without good physical health i.e. with poor, weak and sick physical health, human beings can not perform their physical activities and duties easily, smoothly, timely and efficiently, can not put in hard labour and can not achieve success either in their professional and secular life or in their spiritual life in the manner as stated above. Instead, their life will be filled with failures, poverty, sorrows, sufferings, pains, miseries, unhappiness and peacelessness.

Further, good health is so important that our ancient Spiritual Scriptures say that: “धर्मार्थकाममोक्षणम् आरोग्यं मुलमुत्तमम् ।”. That means a strong and healthy body is the very root or basis for achievement of all the four *purusharthas* or grand goals of human life, viz. righteousness (*dharma*), economic prosperity (*artha*), vital worldly desires (*kama*) and liberation of soul (*moksha*).

In view of the above, our ancient Spiritual Scriptures and our *Rishis, Munis, Saints and Sages* attach due importance to keeping of good physical health by human beings.

Such is the importance of good physical health, the first foundation of human life.

Good physical health is thus very important in human life.

Manner: - Good physical health can be kept normally by (i) taking good, nutritious, healthy and balanced food, pure water, clean and fresh air; through (ii) practice of physical exercises, yoga *asanas*, *pranayam*; by (iii) having adequate sleep, rest, relaxation; by (iv) observance of celibacy; by (v) keeping a healthy, powerful, positive and cheerful mind (because diseases originate from a weak, sick, negative-thinking and stressful mind), etc.

Benefits: - There will be a large number of benefits by keeping the physical body or the physical health in good condition, such as (i) there will be proper and adequate nourishment, growth, development and maintenance of one's physical health, (ii) one's physical health will be sound, strong, stout, active, energetic and healthy, (iii) one's physical health will not be weak and will be far away from weaknesses, sicknesses, pains and diseases, (iv) one can put in greater physical efforts and perform his physical activities and duties easily, smoothly and efficiently and can turn out more quantity of work, (v) one's good physical health will contribute towards developing a healthy and powerful mind, because, as the oft-quoted saying goes "a healthy mind in a healthy body", (vi) one's good physical health will contribute towards building of an excellent and attractive personality, (vii) one can achieve success both in his secular and professional life as well as in his spiritual life.

However, in spite of the above, most of our students and youth ignore or even neglect in many ways to keep their physical health in good condition during their youth period and thereafter also until they start suffering from various ailments, sicknesses, pains and diseases. Because, during the youth period, their physical health normally remains good, healthy and strong and therefore, they do not feel it necessary and also do not bother to obey, observe and keep up the rules of good physical health and do not take the required care of the same.

Instead, many of them take to those actions and build those habits which result in coming out of many kinds of diseases, sicknesses and ailments in their physical body. And then they start consulting doctors and taking medicines to cure their various ailments, diseases and sicknesses. Thereby, they suffer physically, mentally, financially and in many more ways. They also start repenting for having not observed the rules of good physical health and hygiene; not taken due care of their physical health; and also having ignored and displayed negligence towards their physical health during their youth period.

In view of the foregoing and as the oft-quoted saying goes i.e. "Prevention is better than cure", it is wise for our students and youth to make the required endeavours from the very beginning of their life to always keep the physical health in good condition in all manners than to ignore, neglect the physical health and treat the physical body after it suffers from ailments, diseases, sicknesses, weaknesses, etc.

Source of detailed knowledge: - For acquiring detailed/further knowledge on this topic, students can study (i) "Spiritual Literature", i.e. standard works like *Vedas*, *Upanishads*, *Bhagavad Gita*, *Patanjali Yoga Sutras*, *Manu Smriti*, *Mahabharata*, *Ramayana*, *Granth Sahib*, *Koran*, *Bible*, *Zend-Avesta* and other Holy Spiritual Scriptures of various religions, (ii) Spiritual books written by great, spiritually illumined, God-realised *Rishis*, *Munis*, Saints, Sages and Prophets, as well as (iii) the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by two such great saints, viz. Swami Sivananda Saraswati and Swami Chidananda Saraswati, in lesson no. 3, volume nos. 4 and 5.

Questions - 1

1. What is the meaning of good physical health ? (Marks - 3)
2. What is the necessity of good physical health ?

(Marks - 5)

3. What is the importance of good physical health ? Please explain with the example of a boat. (Marks - 10)
4. In what manner can good physical health be kept?
(Marks - 3)
5. What are the benefits of good physical health ?
(Marks - 10)

Questions - 2

1. Please explain the oft-quoted saying "A healthy body is in a healthy mind". (Marks - 5)
2. When the physical health of students normally remains good, healthy and strong during their student life and youth period, why is it necessary for them to make all endeavours to keep good physical health? (Marks - 5)
3. What will be the losses/ disadvantages if students ignore or neglect to keep their physical health in good condition from their student life and youth period itself ?
(Marks - 5)
4. Please explain the oft-quoted saying "Prevention is better than cure". (Marks - 5)
5. Why is it wise for students to make their best endeavours from the very beginning of their student life to always keep their physical health in good condition?
(Marks - 5)

Dear Modern Students !

You can study the soft copy of other write-ups and all other lessons on the subject of "Life-building, Character-building and Man-making Education", which are contained in the newly conceived, designed and prepared Text Book titled "Life Building Science", in the Internet Archive.

You can do so by accessing internet through any browser, logging in <archive.org>, clicking - <Advance Search> (A box of fields will appear on the screen), typing <Mohan Lal Agrawal> in the field "Creator" and clicking <Search>. The above books in PDF format will be displayed.

List of Complete Publications and Videos of the Author

A. Publications

Students related publications

1. Youth ! Arise, Awake and Adopt the Right Path of Life (16 volumes)
2. Value Education for Life building and Successful Living
3. Life Building Science (Text Book)
4. Valedictory Address to Modern Students
5. Students' Awareness Programme
6. Noble Character, Ethical Conduct and Celibacy

Teachers related publications

1. Teaching Profession - Its True Dimensions
2. Teachers' Orientation Programme

Other publications

1. God's Unique Gifts to Modern Mankind - Swami Sivananda and Sivananda Literature (02 volumes)
2. Lead us from darkness unto Light (02 volumes)

The soft copies of all the above books are available in the "Internet Archive" and can be searched / accessed as under:-

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- Type <Mohan Lal Agrawal> in the field "Creator"
- Click <Search>. The above books will be displayed.

B. Videos

Students, as well as Teachers, Parents and Guardians can watch one 04 Days Students' Awareness Programmes on "Value Education for Life Building and Successful Living", with

one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).

Students, as well as Teachers, Parents and Guardians can watch the Certificate Course on "Life Building and Successful Living", with one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Life Building Science>, (Link:-https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA); and also in the aforesaid Internet Archive.

In case one "01 Day Students' Awareness Programme", with the write-ups of the book titled "Students' Awareness Programme", is organised in future in some school, our revered Students and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "ODSAP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).

In case one "01 Day Teachers' Orientation Programme", with the write-ups of the book titled "Teachers' Orientation Programme", is organised in future in some school, our revered Teachers and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "TOP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).